

Road Safety Education Newsletter Summer 2024

As soon as it warms up by a few degrees in this country, everyone wants to get out and about in their



summer clothes, after all we usually don't get to wear them as often as we would like. So, this is the time to make the most of all the outdoors have to offer. Getting out and about on bikes, walking or wheeling are all great ways to enjoy the world around us.



It's not necessary to travel long distances in the UK to be in beautiful countryside, and active travel is not just something for the school run, it's so good for everyone to enjoy. Many of the parks and country properties are accessible for all, if you must drive to get there, make sure you take the bikes and scooters so you can explore further. Many country parks and houses have bikes for hire so exploring becomes so much more fun. There are also many places in Cambridgeshire that are accessible for wheelchair users. You can find out more here: [Cambridgeshire \(accessiblecountryside.org.uk\)](https://www.cambridgeshire.gov.uk/accessiblecountryside)



Cambridgeshire's Award Winning School Travel STARS

Congratulations to all the schools in Cambridgeshire who have received awards for their school travel plans so far this year. So far **42** of the 73 schools signed up to STARS in Cambridgeshire have received national Modeshift STARS awards. Huge thanks to the wonderful school travel champions, without you this success would not be possible! The Road Safety Education team in the county give support and guidance with using STARS and can help schools use the STARS system to create travel plans for planning purposes.

Taking part in the STARS scheme also gives points towards achieving Healthy Schools Accreditation. STARS is free of charge for all schools in the county. If you would like to take part in the STARS scheme and find out what this can offer your school contact us on: road.safety@cambridgeshire.gov.uk Please mark your e-mail **STARS**



Don't forget to sign your travel plan off when it is finished, so it is submitted for accreditation by the end of term.

The team also can assist with road safety education resources to support STARS, see our webpages for more information:

[Road safety education for schools | Cambridgeshire County Council](#)



Why not? Take 5

Many schools contact us as they have issues with parking, we have resources to help address this. One of our schemes is the very popular Take 5 programme, a pupil led initiative to promote safer, sustainable travel to school utilising park and stride to help those who drive to school, park further away from school and walk or scoot the rest of the way. It's a great idea for families to pack the

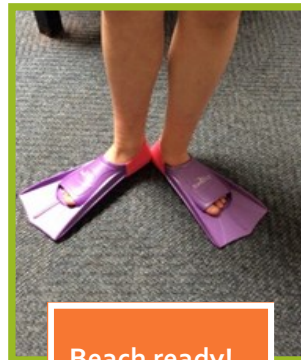
kids scooters some days, park up and scoot part of the way, they get some fun before school, and families have the pleasure of seeing the children enjoy their school journey.



Another great Summer term for the Junior Travel Ambassadors (JTA's) who have been busy with "Walk to School" week. Promoting walking through fun competitions, doing assemblies and some even had a Happy Shoesday!



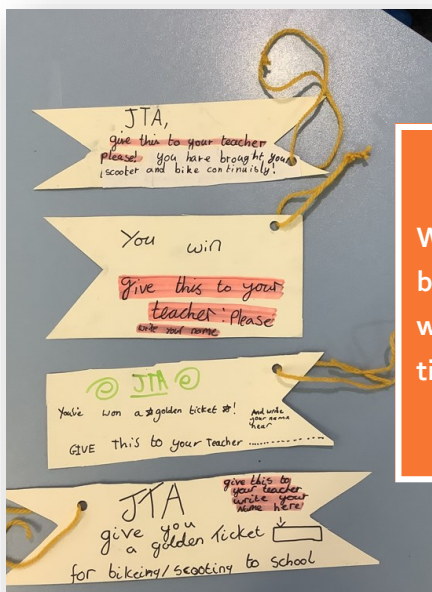
Look at those shoes!



Beach ready!



"I am hugely inspired by the energy and enthusiasm of the JTAs and by their dedication to being champions of Road Safety and Active Travel in their schools."



Which will be the winning ticket?



The wonderful JTA team at Fordham Primary School

The JTA's at Fordham CE Primary School took part in Sustrans 'Big Walk and Wheel' inter-school walking and wheeling competition. They asked their fellow pupils to take part in the competition and if possible bring their bikes or scooters to school. Then, JTA's attached a golden ticket to one of the scooters or bikes! Pupils did this every day, and a lucky winner from each key stage received a prize!

The travel champion has just submitted the STARS school travel plan for national Silver level, we have our fingers crossed that their work will gain this well deserved award.

The JTA big celebration!



Over 70 Junior Travel Ambassadors (JTAs) from across the county came together to celebrate all their hard work and enjoy the chance to meet ambassadors from other schools. The event included games and a special Junior Travel Ambassador rap.

The JTAs are all year 5 pupils and have been advocating for road safety and active travel in their schools throughout the year.

They've helped promote national campaigns like the Sustrans "Big Walk and wheel", "Be Bright Be Seen" and most recently "Walk to School Week" which saw the 31 primary schools that participate in the JTA project get 6,500 children walking to and from their journey to school.

In addition to supporting wider campaigns, they are also able to focus on any road safety issues they have at their school such as inconsiderate parking at the school gate.

This year they have been busy doing assemblies, running fun competitions and in many cases have collaborated with others in their community such as Parish Councils and local businesses. All JTAs receive baseball caps and jackets as a uniform.



JTA's Meet up at the event

The Junior Travel Ambassadors do amazing work, and this celebration was a great way to thank them for all the hard work they have done to help make their school community safer and more active.

Max, a JTA from Isleham Church of England Primary School, said "I love being a JTA, I enjoy doing assemblies and running competitions."

Greg, a JTA from Meldreth Primary School, added that being a JTA is an important job and "I like to know that we are helping everyone to be safer."

Jessica, JTA from Barhill Primary School said about the celebration event "It has been great meeting all the other JTA's and doing fun games together."

Isabelle, JTA from Littleport Community Primary School, agreed the celebration had been "brilliant and so much fun."

"A huge thank you to this year's JTA's who have done such amazing work to help make their school communities safer and more active. I have loved working with you all. Now it is time for this year's JTA's to hang up their baseball caps and pass their wisdom on to the next Ambassadors who will start in September.

I look forward to meeting you all!" **Maree** (Road Safety Officer)

For more information about Junior Travel Ambassador contact maree.richards@cambridgeshire.gov.uk

BIKE IT project with Sustrans

Several schools in the county have been working with Sustrans on Cambridgeshire's Bike IT project. We've had lots of interest from schools in the scheme which aims to develop an active and sustainable travel culture. It is all about helping children get fit and healthy by teaching them the skills they need to cycle and scoot responsibly.



Riverside Academy were gifted a quantity of second hand bikes from Northern Rail. Steve from Sustrans and a number of pupils have been working on the bikes to get them roadworthy ahead of some cycle rides after the Summer Half Term. What a fantastic thing for them to do!

Samuel Pepys have scheduled some Bike Maintenance, Cycle Skills and a big ride around Grafham Water for the end of the Summer term. The school will also be hosting a Danny Butler Extreme Mountain Bike Show at the end of the school year. Steve has also sourced and serviced three pre owned bikes for the Samuel Pepys school bike fleet.

All Saints Inter Church Academy Dr Bike sessions and Cycle Skills sessions have been held since Easter and some led ride/rides and a Cycling PE session with a local Cycling Club/British Cycling Go Ride coach. This school will also be hosting a Danny Butler Extreme Mountain Bike Show at the end of the Summer term.

Spring Meadow Infants have a full programme of activities including Dr Bike, Balance Bikes and a Cycle Skills/Obstacle Course for children who can cycle as well as having another Learn to Ride session for those children in Yr2 who still need help as well as a general riding day in the school grounds for the whole school. This all sounds wheely good!

Godmanchester Community Academy have held Dr Bike session including one in the pouring rain. More sessions are planned now the weather has actually become more summery. Also planned are Clean Air Day/Anti Idling classroom sessions, Family Bike Ride and PE Cycling sessions. This school will also be hosting a Danny Butler Extreme Mountain Bike Show at the end of the Summer term.

Lantern Primary held a successful Cycle Security session for the Y4 classes, where children were shown a Powerpoint presentation and shown how and why to lock their bikes, other measures to keep them safe and what to do in case of theft. Children then produced posters illustrating what they had learned. Prizes (bike locks) were awarded to the children producing the best posters. Dr Bike sessions and Bike It sessions have also been part of the programme. This school will also be hosting a Danny Butler Extreme Mountain Bike Show at the end of the Summer term.

St Peter's Secondary decided that they would have sessions for students in the Strive and Nurture groups and had 1:1 input with Dr Bike where pupils brought their bikes in and worked on them to make them roadworthy. They also had a Puncture Repair workshop session for pupils, with Steve Clarke the Sustrans Bike It Officer.



Youth Travel Ambassador is the Yr 9 peer led project in Cambridgeshire which inspires secondary school students to promote both road safety and active travel in their school community.

The Youth Travel Ambassadors (YTA's) all year 9's, at Linton village College, St Bede's Inter-Church School and Impington Village College have been working on a new project to help all the new year 7's who will be starting at their school in September to have a safer and where possible more active journey to school.

The YTA's will be presenting information and tips to the current yr 6's on their transition days at their new secondary school.

It has been amazing to work with all the YTA's most of whom have given up their lunch break to work with me on this project. Thank you all! Maree

For more information on Youth Travel Ambassador contact: Maree.richards@cambridgeshire.gov.uk



Youth Travel Ambassadors at St Bede's met with JTA's from Ridgefield Primary to get their advice about their presentation to the new yr 7's

YTA's say

"It has been great working together as a team,"

"I especially enjoyed making the video"

"I enjoyed working on the PowerPoint that we will use for our presentation"



YTA's Impington Village College

Linton JTA's enjoy the role!



"It has been good knowing we are helping to make the Year6's safer on the roads"

"I have enjoyed working with Maree from road safety, we have learnt a lot and also worked well as a group"

It's in the air

Pupils at ten schools in Cambridgeshire are stepping up for cleaner air in the county after watching a county council funded theatre production. Pupils saw a performance which had a strong message about the benefits of walking to school.

The production, Abbie Ayre and the Shed of Science, was part of the county council's **STARS** and **Junior Travel Ambassador** programmes for schools.

Pupils at schools across the county taking part in the programmes bid to have the show. The show aims to encourage more pupils to walk or cycle to school, helping reduce air pollution around schools

As well as avoiding unnecessary car journeys, the county council's campaign is encouraging families to consider a number of different steps. These include motorists turning off their vehicle's engine while stationary, using public transport and at school drop-off and pick-up times, parking a little further away and walking to school. One school visited by the production was All Saints Interchurch Primary in March.

Assistant headteacher and JTA and STARS champion at All Saints, Holly Baumber said:
"Improving air quality isn't an easy task but if everyone plays their part and makes small changes, we can make a big difference. The show was a really engaging performance with a clear message which built on our children's knowledge and their enthusiasm for this important issue which impacts everyone's lives, both now and for the future. many of our families walk to school. The number who ride a bike or scooter to school is also impressive. I'm sure the production will persuade more pupils to walk to school. Our pupils know about the global goals for sustainability they understand how choices and actions impact on the environment and remind adults about the harmful effects of unnecessary car journeys on the quality of the air."



Pupils at All Saints, with the actors from the Abbie Ayre production.

The School Crossing Patrol Heroes

School Crossing Patrols have a long history as the first lollipop lady was Mary Hunt a school caretaker began work helping pupils in Bath get to lessons on September 21, 1937. The outbreak of the Second World War put paid to a nationwide scheme, so it wasn't until the early 1950s when patrols were more widely adopted.



Two of Britain's first road safety officers – Dorothy Pummell in Barking and Jock Brining in Dagenham began recruiting 'active retired gentlemen' to help school children cross the road, issuing the men with a lollipop sign, white coats, yellow armbands, and peaked caps. Other boroughs followed suit and the patrols were recognised officially with the introduction of The School Crossing Patrol Service as part of The London Traffic (Children Crossing Traffic Notices) Law of 1952.

The Act allowed any person authorised by the Commissioner of the Metropolitan Police, using the prescribed traffic sign, to stop traffic in order to allow children to cross. Traffic had to stop before reaching the patrol or be fined £5. The 1953 School Crossing Patrol Act extended the idea nationally. Since then patrols have been granted the right to stop traffic and to assist adult pedestrians across the road as well as children.

The first stop signs on a pole were black-and-white rectangles; the round sign, immediately dubbed the lollipop, was introduced in the 1960s. The signs were eventually changed to show a silhouette of a child, adult and the word "Stop".

For generations School Crossing Patrols have been a friendly face assisting children and parents to cross busy roads to/from school safely. They are a welcome sight outside many of the Cambridgeshire's primary schools and form part of the local community. They deal with the challenges of adverse weather conditions, inconsiderate parking outside school, drive through incidents and sadly often encounter verbal abuse from drivers.

Thankfully, most parents and drivers appreciate that School Crossing Patrols are there to assist children/parents in crossing the road to/from school safely. School Crossing Patrols should be shown respect as they have to deal with many day-to-day challenges to ensure the children, parents and of course

themselves are kept safe.



This important role provides a valuable service and remains a rewarding job. The councils Road Safety Education Team are proud to have the School Crossing Patrols as part of their team.

Summer, the season of picnics, barbecues, holidays and road trips. Winter gets most of the attention for dangerous driving conditions, but summer has its own set of often-overlooked hazards.

Here are a few key things to be aware of when driving this summer:

Stay hydrated

Loughborough University found in a study that dehydrated drivers make the same number of mistakes as drink-drivers. On one hand, reaching for a bottle can be a hazardous distraction. On the other, we should absolutely make sure we have fluid on hand if we need it. Stopping regularly is best practice: this will give you the best opportunities to refresh and recharge without distraction.

Be careful with medications

Another comparison to drink-driving – some hay fever medications cause drowsiness, nausea, and other symptoms that could impair your ability to drive. If police think you aren't fit to drive, you can be arrested and prosecuted.

Of course, being ill with hay fever can be distracting too: sneezing while driving at 70mph can effectively blind us for 100 metres. The key is to be aware of what the potential side-effects of our medication are. If you're unsure, ask your doctor.

Sleepiness (and jet lag)

Summer is travel season, and it's becoming increasingly likely that we will indeed be able to visit faraway lands this year. If you do manage to get away to different time zones, be aware of jet lag and how it could affect your ability to drive. Sleepiness is another danger that is often underestimated.

Jet lag isn't the only reason for tired drivers. Less sleep, long road trips and increased social activity are all likely with summer, and all can result in less sleep.

Summer road conditions

A little-known but significant change in road conditions: During dry-spells, bitumen in the asphalt and oil and rubber from our cars build up on the road surface. When rain does inevitably come, this built-up oily residue makes road surfaces much more slippery than they ordinarily would be when wet.

Check your vehicle

Proper checks are key to minimizing the possibility of breaking down, and avoiding the stress and potential danger that comes with it. We recommend the POWDER Checklist:



Essentials when out riding your bike in summer

Water Staying hydrated is important on a ride of any length, so don't forget to pick up your water bottle before you head out.

Tools and tubes Be prepared for getting a puncture, with a spare inner tube, puncture repair kit and a set of tyre levers. You will also need a bike pump to inflate your tyre once you have made the repair. Carrying a multi-tool is also a good bit of kit to have with you.

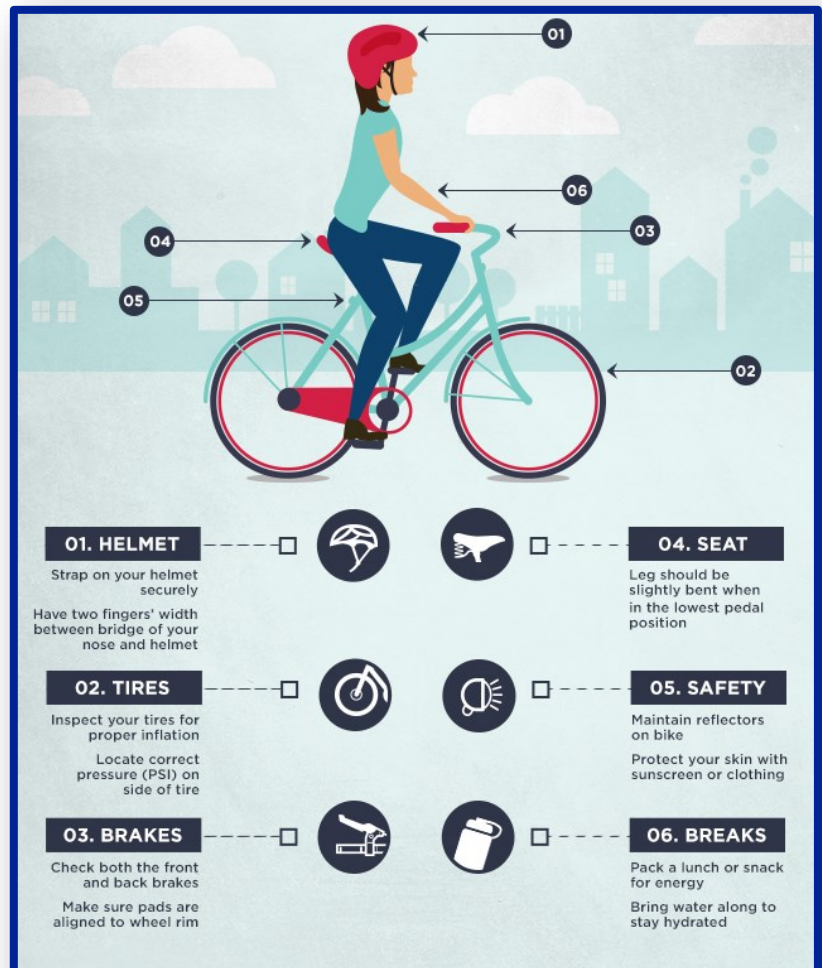
Money & ID It's always handy to have a bit of cash on you while you're out, and having some form of photo ID is useful should anything happen to you while out on the road.

Lights If you're riding early in the morning or late at night it's vital that you take a set of lights with you, not only to improve your own vision but to make yourself as visible as possible to other road users.

Mobile phone There may be the odd occasion when you suffer a mechanical problem or are involved in an incident when you will need someone to come and get you. Having a fully charged mobile phone is essential in this situation.

Keep it secure Planning a stop for a coffee and a cake? Make sure you have a bike lock with you. The last thing you want is to be stuck miles from home with no bike.

Check the weather forecast We all know about the UK weather, it is somewhat changeable, so be prepared for all seasons in a day! If you are riding in a hotter location, make sure you are prepared and also carry sunscreen as well as extra fluids.



About Us

smart journeys is an organisation of travel planners, hosted by Cambridgeshire County Council, that advise and support clients on how to implement and promote sustainable and active travel.

With strategic plans, innovative solutions, and behavioural change initiatives, smart journeys aim to create a smarter commuter culture, for good.



Free E-bike confidence training sessions and bike ride tours

Smart journeys are offering free confidence training sessions, for Northstowe residents followed by led Bike Ride Tours to Cambridge throughout the year. If you are interested in attending please contact northstowe@smartjourneys.co.uk

We aim to ensure that Accessibility and Inclusion is incorporated for all, including those with disabilities. As a team we are passionate about sustainable travel and meeting the objectives of Cambridgeshire County Council's Net Zero ambition

What we do

We work for our business partners, developers and residents to:

- ◆ Produce and Coordinate Travel Plans.
- ◆ Manage Marketing and Engagement Events.
- ◆ Provide Travel Options and Scoping Analysis.
- ◆ Conduct Travel Surveys.
- ◆ Offer Personalised and Bespoke Travel Plans.
- ◆ Participate in Stakeholder Engagement, and Create Car Park Management Strategies.

Liftsharing in Northstowe

Liftsharing (or car sharing) is when two or more people travel together in a car. The Community Liftshare Scheme enables organised liftsharing by connecting those travelling in the same direction, so they can arrange to travel together and share the costs. You can post your journey as either a passenger, driver or both.

By joining you may save hundreds in travel costs every year.



liftshare
Working in partnership with
smartjourneys

SHARING IS CARING

for yourself, for the planet & for your bank balance

Liftshare when it suits you!

Signing up is only agreeing to see your liftshare options, you can still choose to share as little or as much as you like!

SCAN THE QR CODE OR ENTER THE URL TO JOIN TODAY
northstowe.liftshare.com

Throughout the month of May smart journeys ran a town-wide walking challenge to raise money for Magpas Air Ambulance in Alconbury Weald. The residents, businesses and school all took part with many teams reaching and surpassing the 100km target. In total over £860 was raised for this wonderful cause.

Smart journeys ran guided walks every Thursday in May in order to encourage residents and staff working in Alconbury Weald to travel sustainably around the development. A beginner Nordic Walking session was also offered and had excellent reviews! We are very proud to have planned this challenge and are thrilled at the number of people who took part, including every pupil at Ermine Street Church Academy. Thanks to everyone who completed the challenge!

Alconbury Weald Working in partnership with smartjourneys

Magpas AIR AMBULANCE

Walk on the Weald for Magpas in May Highlight statistics

- £880 raised
- Over 40 teams took part
- A total of 893km walked

Well done and thank you to everyone who took part for this worthwhile cause!

*Tree planting and tours of Magpas HQ will be arranged for later on in the year. Prize winners have been contacted with details how to claim their prize.

Well done to all who took part

